



## GREENWICH & DOCKLANDS FESTIVAL

P6-7



Artistic director spells out vision

**5** dancing days at the Wharf

Chancellor hails east London as rail tunnel completed

# Osborne: This is **THE** place to be

Rachel Bishop  
@wharf.co.uk

**C**hancellor of the Exchequer George Osborne has heralded the latest milestone engineering project as another signal of east London's regrowth.

As he stood in Crossrail's Thames Tunnel on Friday, which disappears beneath the river at North Woolwich, he said "This is one of the most exciting places to be right now as there is so much planned here for the future."

### SPECIAL REPORT

Crossrail and Canary Wharf » P4-5

He told *The Wharf*: "This new line will enable more business to move here, more homes to be built and more jobs. We will strive to make sure the jobs go to local people in the area as well – that will be something I'll be looking into."

Speaking earlier to the workers and apprentices at the entrance to the tunnel, he said: "You follow in the footsteps of Isambard Kingdom Brunel who built the first tunnel under the Thames."

"We know it's not finished yet – much like the work building back the British economy – but we know we have got to keep going and moving forward."

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Chancellor George Osborne chats with Crossrail staff in the new Thames Tunnel in Docklands

## Inside



### Still working

Why gin distilling is making a return to its traditional roots

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### Rolling green

What's luring bankers to take up bowls?

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**PLUS** Coconut water is new wonder ingredient + Totally tropical fashion



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## WEATHER

<b>23C</b>	<b>TODAY</b> Showers
<b>21C</b>	<b>FRIDAY</b> Mostly cloudy
<b>22C</b>	<b>SATURDAY</b> Partly cloudy
<b>23C</b>	<b>SUNDAY</b> Partly cloudy
<b>24C</b>	<b>MONDAY</b> Partly cloudy

## TRAVEL

**TUBE & DLR**  
Jubilee line is closed on Sunday between Finchley Road and Waterloo until 11am. DLR is fine.

**ROADS**  
No problems.

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# Agenda

## Counting cost of a Wharf association

There's a charming scene in the movie *Skyfall*, in which a disillusioned James Bond, played by Daniel Craig, takes a word association test. When the psychologist says "day", he says "wasted".

We know how you feel, Bondy-mate, we've all been there. Craig makes a great sociopathic James Bond, until you realise he pouts when he runs. It's like he's chasing down terrorists while doing duckface. "I will save the world and always be Selfie ready". The Man with the Golden Pout. Octopouty. Licence to (duck)bill.

But I digress. I've followed my own word association. What's the first

### BLONDE'S EYE VIEW



ANGELA CLARKE

thing that comes to mind when I say "Canary Wharf?" Work? Prison? Expensive coffee? I've written before about those who react to a mention of the Wharf with a kneejerk "soulless". I'm guilty too.

If someone says they work for an investment bank, I immediately assume they're based in Canary Wharf. Forget the City, in my mind London's global banking industry is solely housed in the towers of E14.

I imagine them chock full with a mix of Patrick Bateman from *American Psycho*, and Mr Banks from *Mr Poppins*.

So what's the first thing that comes

into your head when you see me, a columnist for *The Wharf*? (No swears, thanks).

Recently I found out, when I presented a gong at the Limelight Film Awards – which supports and celebrates new film industry talent.

A glitzy, red carpet bash at The Troxy, I got my hair done and donned my best frock. As I took to the stage they paired me with a fellow award presenter: an accountant. An accountant! Because when you say you write for *The Wharf*, that's the first thing that comes to mind.

Follow Angela on Twitter: @TheAngelaClarke

## London Eye



REUTERS

Actress and special envoy of the UN High Commissioner for Refugees, Angelina Jolie, and her partner Brad Pitt, listen to testimonies of victims of violence at the *End Sexual Violence In Conflict* summit at the Excel exhibition centre, Docklands

### London gallery

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Angelina Jolie speaks alongside US Secretary of State John Kerry, left, and Foreign Secretary William Hague at the summit to end sexual violence in conflict, at the Excel centre



REUTERS

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### Travel

No phone.  
No web. No Facebook. Bliss.



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### Health

Eat it, rub it on, drink it in – the coconut matters

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### Feature

TV's Amy Childs gets a taste for the tropics



## Corrections & Clarifications

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# SWEAT





## Photo story

**DOGS** donned superhero capes as they took part in London's largest sponsored dog walk on Saturday in aid of Guide Dogs UK.

The event at the Queen Elizabeth Olympic Park, featured dog shows (including most handsome dog) and plenty of canine activities to keep dogs and owners busy.

Celebrities made an appearance to support the campaign, including Jorgie Porter from *Hollyoaks* (pictured front) and Britain's Got Talent winners Ashleigh and Pudsey.

Ashleigh said: "As a trainer myself I understand how much time and effort goes into training up a dog. Guide Dogs UK is

just such a great charity and they do so much for people who have lost their sight.

"I took part in doing a walk around blindfolded earlier and it was really strange. You just don't realise how much you rely on your eyesight."

Go to [guidedogs.org.uk](http://guidedogs.org.uk).

## Taxing day ends in drink for hero Paul

999

Rachel Bishop  
@wharf.co.uk

A KPMG employee has been put forward for a police commendation after rescuing a woman from the Thames last week.

Employment tax adviser Paul Sopher was enjoying a post work drink on a river boat at Temple on June 9, when he spotted a woman in the water. The 25-year-old jumped in to help the woman.

The Wharfer said: "Despite a police helicopter overhead and river rescue teams en route it became obvious that the young lady was very tired and struggling to stay afloat. I didn't really have time to think, I just knew she needed help and jumped in."

"The water was cold and the current was really strong and at one point I worried that neither of us would get to safety. I have to say a big thanks to the people on the bank and the boat bar for getting the life ring to us so quickly. The emergency services were fantastic."

The woman was treated at the scene and Mr Sopher was given free drinks by the bar owner at Temple.



Paul Sopher

## We've got to crack billion-pound club

TECH

Tech City needs to compete on the global stage

Rob Virtue  
@wharf.co.uk

**L**ondon may be the tech centre of Europe but it's still a long way behind Silicon Valley, admits Boris Johnson.

The London mayor said there needed to be a home-grown firm of the size of Google or Facebook before the UK capital could consider itself a viable rival to California.

Speaking at the launch of London Technology Week, Mr Johnson said: "There are still some things we need to make sure we do better – for instance, getting really good broadband."

"And although we've got the biggest tech sector in Europe we haven't yet produced knock-out multi-billion pound companies."



Boris Johnson competes (and loses) in a competition to build a computer with former New York mayor Michael Bloomberg

"We need to explore why that is. Is it a British diffidence about making billions? Is it that we haven't got kick ass business people here? Or that the banks aren't as proactive as they should be?"

However, he said he was optimistic for its future.

The mayor was speaking at Old Street tech space Central Working on Monday. "In this part of the city we have a huge demand for people wanting office space but there's potential across the city," he said.

"This is the beginning of an industrial revolution and we need to be at the centre of it."

More than 30,000 people were expected to attend London Technology Week which saw more than 200 events take place across the capital. It closes tomorrow (Friday).

Business secretary Vince Cable attended the inaugural Tech City News International Hall of Fame awards at Canary Wharf's Level39 on Tuesday. The awards aim to showcase migrant entrepreneurs.

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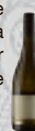
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More business news on Page 61



## News

## NUMBERS

Since 2008 there have been planning applications within a kilometre of Woolwich Crossrail station for:

**4,286**  
new homes

**70,000**  
square feet of new office space

**114,000**  
square feet of new retail space

**631**  
new homes built above the Woolwich Crossrail station of which 265 will be affordable

# Rail project releases new land for housing

From Page One

Mr Osborne had already spurred on development in the Royal Docks with his creation of an enterprise zone, which looked to attract high-tech, high knowledge companies to the area.

He said: "As part of our long term economic plan we are investing in infrastructure around the country to create a more balanced, resilient economy."

"Crossrail is not only providing extra speed and capacity for London's passengers, but also supporting new housing, jobs and businesses."

Marking the completion of the tunnel, Mayor of London Boris Johnson called Crossrail "a tale that perfectly highlights how investing in major transport schemes can trigger development and unlock the potential for thousands of new jobs and homes."

A Crossrail spokesman said that since 2008 there have been planning applications within a kilometre of Woolwich Crossrail station for 4,286 new homes, over 70,000 square feet of new office space and 114,000 square feet of new retail space.

Crossrail chairman Terry Morgan said: "Crossrail will help to transform this part of London, boosting the local economy, creating new transport links, reducing congestion on existing rail services and supporting wider regeneration."

Mr Osborne added: "We think this can also help with the housing crisis in London as the way to tackle it is to build more homes for people."

He told reporters that, while property prices would inevitably rise, he hoped local residents would not be priced out the market and "the answer to the rising property prices is to build more homes" as well as "provide a good mix of housing, from both social housing to rented housing and homes to buy".



Chancellor George Osborne tours the new Thames Tunnel

**THE two tunnelling machines which completed the Thames Tunnel are named after the wives of Marc Brunel and his son Isambard who constructed London's first Thames Tunnel between Wapping and Rotherhithe more than 150 years ago.**

**Mary and Sophia have, between them, excavated around 500,000 tonnes of earth on their journey from Plumstead to North Woolwich and installed 3,400 concrete rings lining the new tunnels.**

Later in the day the Chancellor continued his theme of housing and infrastructure when he announced his plan for "housing zones", including one at South Poplar in Tower Hamlets.

The Treasury and the Greater London Authority will provide £400million to help prepare brown-field land for development, with councils ordered to find packages of land that can be pre-approved for development.

The London Chamber of Commerce welcomed the housing zone initiative but warned it was "no silver bullet".

Chief executive Colin Stanbridge said: "To meet the immense scale of the challenge facing the capital we need to more than double the rate of house building in London every year for the next 20 years."

He said that there were two obvious candidates to add to the five already listed.

■ Extending the London Overground line to Barking Riverside could unlock 10,000 new homes

■ A new fixed road crossing at Gallions Reach could support another 80,000.

Mr Standbridge added: "I am calling on Chancellor Osborne to indicate if and how he will release potential sites that are 'land banked' by government - the NHS and MoD in particular - for developers to build much needed new homes on."

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George Osborne with Crossrail chairman Terry Morgan



## Transport hubs represent next chapter in retail

### EXPERT VIEW

GREGOR Jackson, founder of Southwark-based design consultancy gpstudio, gives his views on the impact of Crossrail on the retail sector.

Crossrail has the potential to spark a mini revolution in the way commuters shop at train stations, something which is apparent with the addition of 75,000sq ft of retail space in and around new train stations.

"Partly due to the challenging economy over the past seven years, retailers have had to adapt to changing consumer shopping habits, to continue driving footfall and website visits.

"Our clients are now looking at the next chapter for retail, which is how to target the busy traveller underground.

"While brands capitalise on the increased retail space, Crossrail also has the potential to change the way we approach shopping within our capital.

"Once completed, the Crossrail hubs will link west to east London, making it quicker and easier to get from retail hub to retail hub.

"Brands are already beginning to see the benefits this could generate on their sales, and are focusing on ensuring customers receive a seamless brand experience in all retail environments, while giving them the opportunity to diversify their product mix so there is a need to visit multiple stores of one brand in the capital." Go to [gpstudio.uk.com](http://gpstudio.uk.com).



# We don't need trains (yet) to get Crossrail tills ringing

### RETAIL

Retail is pitched at workers and new intake of residents

Beth Allcock  
@wharf.co.uk

The streetscape is taking shape and retailers are signing up to secure a spot at Canary Wharf's Crossrail station.

Stuart Fyfe, head of retail leasing at Canary Wharf Group, is tasked with attracting retailers to fill the space due to open its doors next May – three years ahead of the first train services.

The latest figure – 73 per cent of retail units covered by deals – is "probably ahead of what we had hoped".

The statistic is set against a backdrop of a fully let retail scene in the malls, with the estate's newest addition, Whittard of Chelsea, opening this month in Canada Place Mall.

Stuart said: "We have got 10 months before they all open, so it's a nice position to be in."



Structural work on the Crossrail station is complete. Below, Stuart Fyfe

The concept behind the offering is a retail and leisure destination combined, with brands such as Everyman Cinema, Bespoke Cycle, Poncho 8, Sticks'n'Sushi and Sports Bar and Grill already announced.

There'll be four new names made public in the next few weeks, all of whom will "enliven and enhance the tenant mix that we already work with," said Stuart.



"These units are going to benefit from the footfall Crossrail brings but this development will be successful for three years before the station opens.

"We think this will be because there's huge demand in Canary Wharf for the retailers."

The usual transport hub outlets will open in 2018 – the same year as Crossrail.

The mix of retailers is also

Getting the right mix is important

WHEN he's not signing up names to fill Crossrail's units, Stuart Fyfe is helping existing tenants grow or mixing up the diversity of brands in the malls.

"We have got to grow retail and make sure existing retail is moving forward," said Stuart.

"It can be Moleksine, with their only store in the UK [in Cabot Place Mall] or it can be people like Currys who have moved to a new larger shop.

"Re-looking at existing tenants is as important as increasing the offering nowadays."

designed to chime with an increase in residential development and people living in the surrounding areas.

"When you're making a property decision you're taking a 10 year lease so you're building on that model – the effect Crossrail will have as well as the additional residential and office developments we will be undertaking," said Stuart.

"There's going to be a significant increase the number of visitors to the estate and not just people who are working here."



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Barking and Dagenham	Hannigan Pharmacy	240 Bennetts Castle Lane	RM8 3UU
Barking and Dagenham	Waller Chemist	279 Heathway	RM9 5AQ



SERGIO BOLANOS



Muare presented by Voala

## Festival draws on global talents

### WHAT'S ON

Rachel Bishop  
@wharf.co.uk

**G**et ready for gravity-defying aerial choreography, global stories of war and peace, a house turned inside out, stilt walkers and madcap artists filling the streets this week as the Greenwich and Docklands International Festival (GDIF) returns for 2014.

GDIF artistic director Bradley Hemmings chatted about the festival ahead of the opening performance

Muare, where aerial performers will wow audiences in an "immersive experience".

He said: "There will be performances all the over the area – including *Safe House*, an aerial performance set against a house, where performers interact with the installations.

"For people in Canary Wharf we have our lunch time shows, which will be a nice thing to pop and watch around the area

"One which is interesting is *La Mirada Interior*, where the audience can choose the music the dancers perform to.

"Also, for the first time this year we have performances at the Olympic Park."

The festival will transform familiar streets and public spaces into more than 50 outdoor events from leading UK and international artists.

Bradley said: "We will be bringing a really good programme this year. I would say expect the unexpected.

"There will be unusual and fascinating acts within the normal day-to-day setting, which will all be from UK and international performers."

The festival will run from June 20 to 28. Go to festival.org.



Artistic director Bradley Hemmings

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**9**

**of the best to  
look out for**



War Correspondents, above, Deblozay, below

### 1 Muare Presented by Voalá

This large scale spectacular creates a psychedelic world where aerialists descend from giant revolving "optical art" mobiles accompanied by electrifying live music from Duchamp Pilot.

June 20, 10pm, National Maritime Museum, Greenwich.

### 2 Greenwich Fair

An intensive three day showcase of free outdoor theatre, dance and games featuring 26 UK and international companies, with highlights including *Full Stop* from Light the Fuse, which takes you through an anarchic 24 hours at a very unusual bus stop and *Land* from Marc Brew Dance Company, a story of the struggle for survival of three people stranded on a desert island.

June 20-23, Old Royal Naval College and Cutty Sark Gardens, Greenwich.

### 3 War Correspondents Presented by Helen Chadwick Song Theatre

In a fusion of testimony, music and physicality the stories and life-changing experiences of war journalists are brought to life.

June 20 and 21, 8pm, June 22, 3.30pm, Skittle Alley, Old Royal Naval College, Greenwich, booking required.

### 4 Arka Presented by Teatr Ósmego Dnia

Polish theatre company Teatr Ósmego Dnia recalls all those refugees and displaced people who travel the continents and warm their souls with memories of home. Arka will take place in Woolwich on the 100th anniversary of the assassination of Archduke Ferdinand in Sarajevo – the event that is often cited as the reason for the breakout of the First World War.

June 28, 10pm, Royal Artillery Square, Woolwich.

### 5 The Legend of Hamba

In *The Legend of Hamba*, set in 1914, young Hamba sets off to war. He wins and loses empires, becomes a king, a beggar, an oligarch and a thief. But 100 years later he is no closer to home and his spirit lives on in a strange and powerful mask.

June 23-26, 8.30pm, Queen Elizabeth Olympic Park, Stratford, booking required.

### 6 Opus II from Fanfare Le Snob (France)

An ensemble of musicians perform as they glide in swan-like formation on hidden electrical Segways beneath their costumes

June 20-23, Greenwich Fair, Greenwich.

### 7 Cape (Computer Animated Personal Environment)

Audiences in technologically ground breaking masks and headphones experience an omnidirectional video and sound immersive journey into another time and place.

June 20-23, Greenwich Fair, Greenwich.

### 8 Deblozay Presented by Rara Woulif

A look at how Haitian culture deals with death in a much more upbeat way than we do.

June 20-21, 9.10pm, location tba, booking required via festival.org.

### 9 Kadogo, Child Soldier

Chilean company La Patriótico Interesante presents the UK premiere of this gripping, poignant and visually stunning story highlighting the plight of child soldiers.

June 23-27, 9.30pm, Queen Elizabeth Olympic Park, Stratford, booking required via festival.org.





# 5 days in Canary Wharf

Dancing City

FULL performances and bite sized al fresco dance treats from some of the very best UK and international dance companies and artists in a week dedicated to dance against the dramatic backdrop of Canary Wharf.

**MON 23 JUNE**  
**Frantic** presented by Acrojou, a London-based circus performance company which performed here last year. This year it is proposed that they return with a new show which takes place inside a specially designed German wheel with integrated water effects. 12pm & 1.30pm, Montgomery Square.

**TUES 24 JUNE**  
**Bench** presented by Mimbire, an outdoor company which creates a dance performance that celebrates everyday life featuring characters who meet and interact through dance and acrobatics around a simple bench, all linked by a beautiful score. 12pm & 1.45pm, Cubitt Steps.

**WED 25 JUNE**  
**Two Old Men** presented by 2Faced Dance Company featuring a fusion of break, street and contemporary dance telling the tale of two old friends and their extraordinary experiences. This witty, adrenalin fuelled show contains heart in the mouth acrobatics to tell the story of a life long journey all the way to the pub. 12pm & 1.30pm, Wren Landing.

**THU 26 JUNE**  
**Hands Down** presented by Company Chameleon which returns to Canary Wharf with the London premiere of their new production, a sophisticated and highly engaging contemporary dance duet, exploring male relationship codes and featuring athletic and highly charged choreography. 12pm & 1.30pm, Cabot Square.

**FRI 27 JUNE**  
**Por Casualidad** presented by Marco Vargas & Chloe Brule, two leading exponents of Flamenco. In their acclaimed duet, they create an intensely theatrical exploration of chance encounters and the possibilities of love. 12pm & 1.30pm, Cabot Square.

## Petitioner becomes victim of vandalism

## MP warns of parallels to Trojan Horse

### POLITICS

### Window and van attacked after poll papers are lodged

Rob.Virtue  
@wharf.co.uk

A restaurant owner representing campaigners calling for a recount of the Tower Hamlets council elections has had a window at his property smashed and paint poured over his van.

The attack on Azmal Hussain's property came just a day after a residents' group served Mayor Lutfur Rahman and returning officer John Williams with a court notice.

The attack took place in Brick Lane over the weekend and no connection between the attack and Mr Hussain's political activities has been shown.

Mr Hussain is a petitioner in the case. Fellow petitioner Andy Erlam said: "People can draw their own conclusions into whether this was linked to the petition but Azmal has not had trouble before."

"The incident happened on Saturday morning when he had customers in the restaurant. And then he saw the damage to the van which was parked nearby at around 1am or 2am the next morning. It's a nasty thing to happen."

A spokeswoman for the Met Police said: "The victim alleged to police that paint had been poured over the side of his van at a court yard near the rear of a restaurant at Brick Lane."

"The other incident relates to criminal damage to the window of the restaurant that the victim



Azmal Hussain discovered his van covered in paint

**POLICE have been visiting homes in the Blackwall and Cubitt Town area ahead of next month's by-election to validate postal voting registrations.**

**Tower Hamlets Council electoral services staff are working with Tower Hamlets enforcement officers and police to strengthen security of the election process.**

**Returning officer John Williams said: "The Local Protocol produced is the most stringent in the capital and one of the strongest in the country."**

**The election takes place on July 3.**

believes occurred at 11am on Saturday. No suspects were seen."

Police are investigating allegations the attack was linked to the petition, which is being brought by residents.

Campaigners lodged papers with the High Court at the Royal Courts of Justice on Friday and served notice with the Tower Hamlets mayor, the returning officer and the Department of Public Prosecutions that the petition had been presented.

The group has raised a number of concerns about the May election, including allegations of forged postal votes and intimidation at polling stations.

It wants the court to make an order to recount the vote or hold a second election.

In response to the petition, returning officer Mr Williams said: "The measures put in place to manage the May 2014 elections in Tower Hamlets were the toughest available within the limits of the current law and I have worked closely with the Electoral Commission and Metropolitan Police to combat fraud and investigate thoroughly any allegations that were made through our new dedicated reporting procedure."

### POLITICS

Rachel.Bishop  
@wharf.co.uk

POPLAR and Limehouse MP Jim Fitzpatrick has drawn parallels between the "mono-culture" that gave rise to the Trojan Horse scandal in Birmingham and the divisions within Tower Hamlets.

He said there was a danger of race politics taking hold in the borough in the same way that Islamism had infiltrated a number of schools in the Midlands.

Mr Fitzpatrick said: "The Trojan Horse allegations were in education in Birmingham, the Trojan Horse in east London was a political one."

"Tower Hamlets First only having Bengali councillors is unfortunate as it gives the appearance of a mono-culture within the party."

"There doesn't seem to be any transparency in the party either and Lutfur refuses to answer questions - it makes you wonder what it's all about."

"There's no short cut in dealing with this," he said. "Everybody has to work together on it and the public have to come out and vote."

"One of the most depressing things in the elections was that only 47 per cent of people voted, so the message that seems to give is that it's just not important to them. If you don't vote, you can't complain about it later."



WIN The Fault Is In Our Stars goodies

Page 63



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# Notebook

## My feelings come second when the anxieties kick in

I find myself doing things on Master A's behalf that go totally against my grain. The latest is texting a mum who I don't particularly engage with (for which read "don't like") asking if we can hook up for a playdate.

I don't like myself for doing it – I'm sure she doesn't either – but, if it makes Master A's world a happy place, then I swallow my pride.

We are preparing for the departure of Master A's best friend.

At the end of this school year, he is off to another school, in another part

of the country. The pair are inseparable in school and out. They spend most of the school holidays together partly because they both have working mums, mostly because they enjoy spending time together.

Master A has nurtured this friendship to the exclusion of most of his other classmates.

Now with the imminent departure of his best bud, Master A needs to find a replacement – and fast. I have to stress this is not being driven by Master A but by my own anxieties. I have pictures of my

### WORKING MUM



TABITHA  
RONSON

baby out in the playground, kicking a ball up a wall by himself, brushing away a tear, while all around him children play happily together.

My fears are irrational as Master A is a sociable chap, able to make friends wherever we go. I just don't want to take that chance.

And so yesterday, I did a squirmable act, texting the mother who I have openly moaned about, virtually begging her to allow her son to come over to play. I even offered to babysit that's how desperate I find the situation.

Her reply was cool. No fool, she saw through my faux friendliness.

Would I be contacting her, trying to arrange a playdate with her son if Master A's best friend wasn't leaving? Of course not.

Against my nature, I ignored the rejection. I texted her again, pushing for a date.

The beginning of Master A's beautiful new friendship will start a week on Saturday!

*Working mum, staggered by the thickness of my skin since becoming a mum.*

## DATA SNAPSHOTS

Trends, stats & surveys



# 9.5%

Percentage of households in Tower Hamlets with a child to an out-of-work claimant, the second highest figure in the country. Newham comes 5th with 9.4%



# 326

The number of staff at Transport for London who earn more than £100,000 a year, a rise on the 298 in 2012-13. The number of Crossrail staff on that salary is 40 up from 30.



# 23

Number of new breweries in London in the year to September 2013. 47 appear in the *Good Beer Guide 2014*. 187 breweries opened up around the country in the same timespan

Catch up with our data graphics on wharf.co.uk every week

Sources: UK Government; Transport for London; Campaign For Real Ale

## Out Of Office

TV

### Letitia reflects on latest twist

ACTRESS **Letitia Dean**, *EastEnders*' Sharon Rickman is reflecting on her latest soap drama – a vicious assault by a mystery attacker.

"It happens so quickly and it's quite violent. Johnny's upstairs too terrified to come down and lost in his own fear. And she's knocked out, bang."

The 46-year-old says the attack is so brutal – seen by viewers on Monday – there's a chance Sharon could die. "She's lifeless when Johnny finds her. He calls the ambulance and she gets rushed to hospital. It's very serious."

As traumatic as the scenes sound, Dean admits there are certain advantages to being laid up in hospital. "I had a lovely, comfortable

bed, so it was really relaxing," she reveals, laughing. The normally dolled-up Sharon was also able to film without make-up for once. "I loved it," says Dean. "Though the tube thing was a bit weird."

Dean joined the soap when it launched in 1985 and grew up in The Queen Vic as the adopted daughter of Den and Angie. Over the decades, the actress has left and rejoined numerous times; her latest return was in 2012.

"For a good year, Sharon was just floating," explains Dean. "She and Denny were in the B&B for Christmas. She didn't have any roots, but now she's with the lovely Phil and has The Albert, she feels like she's got her place back on the Square again."

## People, places, things



Phil stays by Sharon's bedside featuring Nurse Sarah Michael (Ann Akin), Sharon Rickman (Letitia Dean) and Phil Mitchell (Steve McFadden)

GREG WILLIAMS



Film companies Working Title and StudioCanal have released this picture of Tom Hardy playing both Kray twins for the biopic *Legend*

## Spotted

★ The East End has turned back the clock this week as shooting starts on *Legend*, the biopic of the Kray twins in which 36-year-old **Tom Hardy** plays both of the fearsome gangleaders.

Filming has taken place in a

number of authentic locations, including Turner's Old Star pub, in Wapping, which is standing in for the Pig And Whistle.

The film also stars **Emily Browning**, **David Thewlis** and **Christopher Eccleston**.

## High Five Digital cameras



**Ricoh WG-4, £289**  
The 16 megapixel WG-4 is built to put up with water, bumps, knocks and shocks as well as aquatic depths of up to 14m.



**Canon EOS 1200D with 18-55mm lens, £439** With an 18 megapixel sensor and a light sensitivity level that enables almost see-in-the-dark performances.



**Fujifilm FinePix F900EXR, £159** This little belter is almost half its launch RRP, but a year on, can still (easily) hold its own with later arrivals.



**Nikon 1 S2 Compact System Camera 11-27.5mm lens** The internal workings are just as impressive as the summery exterior. With built-in flash.



**Sony Alpha a7 CSC + 28-70mm Lens, £1,449** With the functionality of larger cameras but much lighter and with superfast autofocus.

## SPIRAL NOTEBOOK

By Giles Broadbent

### How nature can recharge my batteries

The sun is out, intermittently. The doors and windows are flung open and the mosquitoes have camped out on a rich confluence of veins.

I crave woodland now. I crave countryside. I need to look upon trees that have grown there by chance, not by order. I need to sit in the crook of a stream, where pebbles have agglomerated over the eons and the tiniest of fish swim upstream but make no progress against the onrush.

I need a grass kazoo, nettle rash, the crack of kindling and the sweet, suspect taste of berries from the bush.

I love London. I get city life. But sometimes I need to reconnect with the green. To get moss underfoot and a parasol

That saunter through the countryside is disappearing

of leaves overhead. I need timelessness.

Come the summer holidays I used to dash out the house and stay out – fording streams, building dams, poking at dead birds, fleeing farmers – till teatime.

These days, that idle saunter through the countryside is fast disappearing. According to the National Trust the area in which children can roam without supervision has diminished by 90% since the '70s and fewer than one in 10 play in wild places.

It has contributed, according to studies, to an increase in ADHD as well as the usual toll of obesity, asthma, malady and isolation.

Woodland has become savage and frightening, and not in a good way.

The price for this alienation is counted in every timorous, wheezing slamming of a bedroom door.

Follow Giles  
Broadbent on Twitter  
@MediaGulch





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# What's On

## Seven Days

**Gig**  
Duo join up to back arts venue



★ Anglo-French team **Silver Hunter** will perform a special gig in support of Isle of Dogs arts venue The Space.

Yorkshire singer/songwriter Tim Hunter and Silver Lining vocalist Thierry Sportouche started "evolving" their mix of acoustic, rock and pop after they met at ProgYes Festival in 2012.

Steve said: "In the past I have promoted a lot of gigs in Yorkshire, which is how I met Thierry.

"I am looking forward to playing at The Space as it has a unique intimate atmosphere. If the gig is a success I might be tempted to promote more gigs in the Docklands.

"At the gig you will get the chance to hear a wide range of material from two highly individual artists. You will also be helping support The Space, which is an excellent community arts venture."

June 25, £10-£15, The Space, Westferry Road, Isle of Dogs, space.org.uk, timmusicworld.com.

**Stage**  
Never alone with a Carousel

★ One of the best musicals of all time, Rodger and Hammerstein's **Carousel** comes to the Arcola for a month.

The timeless score includes *You'll Never Walk Alone* and the story centres on the love story of mill worker Julie and Billy Bigelow.

To July 19, Arcola, £15, arcolatheatre.com.

**Stage**  
Armitage fights the witch trials

★ Richard Armitage stars in a new production of Arthur Miller's classic drama of division and hysteria **The Crucible**.

Director Yael Farber creates a visceral view of the witch trials of 17th century Salem. June 21-Sept 13, Old Vic, £10-£55, oldvictheatre.com.



## Daredevil Heather has fire in her belly

**CIRCUS**

**Limbo**

South Bank

**D**elve into the netherworld of jaw-dropping contortion, aerial acrobatics, stunts, illusions and sword swallowing at Limbo this summer.

This alternative circus is directed by Scott Maimment, and set to Sxip Shirey's live score of brass, electronics, hip-hop and club beats.

Sword swallower and fire-breather Heather Holliday took a few minutes away from rehearsals to chat about the show and how she got into the circus.

A New York City native, Heather started her career as a high school intern at the Coney Island Circus Sideshow.

She said: "I was doing different internships – photography, one for a pre-school and also the sideshow.

"I was just supposed to be answering the phones, but one day the snake charmer quit and they needed someone to fill in as assistant. I loved it and went from there."

She went on to work all around the world, including a tour to Australia before coming to London Wonderland.

Talking about learning how to master sword swallowing she said: "Everybody's different.

"There's tons of people who can't get past the second gag reflex and just can't do it.

"I was a teenager when I started and I was busy having sleepovers and hanging out with my friends, so it

**SCREEN**

**The Fault In Our Stars**

(12A) 126mins



*The Fault In Our Stars* will offer a stern test to the waterproof mascara of every teenager who fell in love with John Green's bestselling novel.

Josh Boone's polished adaptation plucks heartstrings to the point that a trickle of saltwater tears threatens to become an unstoppable torrent.

The film is blessed with a tour-de-force central performance from Shailene Woodley as a young cancer patient, who experiences the exquisite agony of first love just when it seems she has given up on life.

★★★★☆



Heather Holliday in action as part of Limbo

would've been faster if I was dedicated every day."

She joked that she got into sword swallowing and fire breathing because she was looking for "something good that would not kill me". But she said she could never guarantee how a show would go.

She said: "You can be as confident as ever, but there's always other people around and the audience there, or

someone leaves a cable lying around so you have to be aware."

After performing to more than 100,000 people around the globe, Limbo has joined London Wonderland at the famous upside-down purple cow on South Bank.

**Rachel Bishop**

To August 17, tickets from £10, Udderbelly Festival, Southbank Centre, londonwonderground.co.uk.

**SCREEN**

**The Art Of The Steal**

(15) 90mins



An irresistible opportunity arises for jailbird Crunch Calhoun (Kurt Russell) to get back into the con game. He is hired to steal a priceless historical book from a Canadian warehouse.

Crunch insists that talented forger Guy de Cornet (Chris Diamantopolous) be part of the team but to pull off the theft, Crunch will also need to call upon the services of the untrustworthy brother (Matt Dillon) who double-crossed him last time around. The frayed bonds of brotherhood are tested.

★★★☆☆

**SCREEN**

**Leave To Remain**

(15) 89min



Director Bruce Goodison explores the divisive issue of immigration in this low-budget feature, which was initiated as a filmmaking project to offer young asylum seekers in Newham and Tower Hamlets a chance to train behind and in front of the cameras.

Abdul, 15, Omar (Noof Ousellam) and Zizidi (Yasmin Mwanza) find themselves waiting for news of their asylum application. Meanwhile the teenagers seek comfort in the words of their teacher (Toby Jones).

★★★★☆

## We're ready for Costner to make his comeback

**SCREEN**

**Three Days To Kill**

(12A) 117mins

**S**ometime soon, a bright young thing will find a revivalist project for Kevin Costner, who appears to drag himself forlornly around the fringes of the big time wondering where it all went wrong.

We know the answer but it is a typically LA cruel one. However, that sense of grizzled, faded, used-to-be-a-contender presence is a gift for a revisionist. This film calls on those qualities but the vehicle is so lop-sided and mismanaged that the opportunity is wasted.

Usually when an A-lister turns up in a continental European action movie it's for the money or exposure.

But *Taken* and *The Transporter* have added lustre to that sub-genre and Costner follows Liam Neeson and Jason Statham to batter the cheese-eating surrender monkeys.

Here, in a story by Luc Besson, he plays a washed-up (and very sick)



Kevin Costner is commissioned to kill by Amber Heard's Vivi

CIA agent Ethan Renner on one last mission while simultaneously spending time trying to re-connect with his truculent teenage daughter (Hailee Steinfeld) as his estranged wife spends time in London. *Three Days To Kill*. Geddit?

The action sequences are deftly handled by *Charlie's Angels* director McG and the Paris backdrops do their thing with suitable aplomb. All is set then for a swift, action flick with a family dimension thrown in.

Unfortunately, the idea that his daughter is "his toughest assignment" swamps and destabilises the movie, slamming the brakes on with protracted chapters that are implausible and trite.

In *Taken*, Neeson managed to convey love of family by punching a bad guy in the face. Here, the director has Costner endlessly grappling with ringtones, hair dramas and handsy boyfriends when the audience is baying for some gun-totin' action.

Ultimately, McG, like Ethan, fails to get the right work-life balance.

**Giles Broadbent**

**Our verdict**

Costner returns to the action but is sidetracked by family affairs

★★☆☆☆



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# Travel

## No television, no web, no phone, no Facebook. Bliss

### AUSTRIA

**Avril Cadden** decides to spend some quality time with her thoughts at a Tyrolean monastery

**P**ray and work aren't two things I'd associate with holiday, but at St Georgenberg-Fiecht monastery, these are words I will hear uttered on several occasions.

I'm on a monastery escape in Austria where, in the absence of TV, news and internet, I'm hoping to switch off.

Run by Benedictine monks, the monastery is a 40-minute drive from Innsbruck Airport.

I'm nervous about spending a stint in a religious establishment, but any fears soon disappear when I'm greeted by Pater Arno, wearing flowing black robes and a boyish grin.

The 74-year-old, who has been with the order since he was 20, takes my hand and invites me inside.

The monastery is large, imposing

### DETAILS

■ Avril Cadden was a guest of Inghams ([ingham.co.uk](http://ingham.co.uk)) which offers four nights at the St Georgenberg-Fiecht Monastery from £529 per person (half board), including return flights from Gatwick to Innsbruck and resort transfers.

■ For more details on the region go to [tavisitirol.co.uk](http://tavisitirol.co.uk) and [innsbruck.info](http://innsbruck.info)

and reminds me of a museum. The corridors are long and flanked by windows that look out to the cloisters and a bronze statue of St Benedictine.

The building was once a boarding school for 120 boys, but now the rooms are empty and the air is quiet. There are 13 monks in residence, including Pater Arno and the Abbot.

My humble abode for three days is Room 107, St Irmgard of Suchteln, named after a saint who helped the poor and lived a simple life in solitude.

Basic and functional, the room includes two single beds, a desk with lots of religious reading and an en-suite toilet/shower.

The monastery is the smaller sister to the original St Georgenberg, built in 1138, where the monks lived for more than 550 years until a series of fires forced them down from the mountains to St Georgenberg-Fiecht. The original



St Georgenberg-Fiecht monastery, 40 minutes from Innsbruck offers tranquility and a chance to ponder



Pater Arno, 74, in front of a statue of St Benedict



cliff-top monastery, now restored, is also a hotel and restaurant.

Pater Arno guides us there, in silence, as we take part in some meditative walking. The 90-minute uphill hike follows a path flanked by the Stations of the Cross.

When we reach the medieval monastery, we're presented with a hearty bowl of venison stew and a cold beer.

We continue our journey to the Wolfsklamm gorge. A steep staircase follows a torrent of cascading water as it clings to the rock face. When I reach a small bridge at the top of 354 wooden steps, I feel as if I've walked the stairway to heaven.

It's evening by the time we reach St Georgenberg-Fiecht, and the monks are gathering for evening vespers at the ornate church next door.

Although prayers and meditation are offered as part of a stay at the

monastery, they are not compulsory. Guests can take part in dream therapy, spiritual dance or counselling.

For some people, though, just switching off, being quiet and taking time to appreciate nature is all the spiritual guidance they need.

Dinner times are a lively affair, with food prepared by monks in the kitchen. Much of the produce is grown on site, including apples from the orchard, used to make cider. The sharp drink has a heady kick and it's not for sale because: "If we sold it, then we would be thirsty," says Pater Arno.

Beyond the monastery, there are also trails to explore.

But despite the wealth of attractions on offer, I'm happy to return to simple, routine monastery life. I've no idea what's going on in the news and I haven't sent a tweet in days. Yet, surprisingly, I feel more connected than I have done in years.

## Armchair tourist as the world slips by

### RIVER CRUISES

**Albertina Lloyd**

The Wharf

**A**dmiring the last drops of sunlight sparkling on the canals of Amsterdam, it is hard to believe that just two days ago I was sipping champagne as I watched the sun go down behind the impressive skyline of Cologne in Germany.

The idea of waking up in a different European country every day is something I'd always associated with a gap year. Instead, we're travelling in style on a floating luxury hotel.

River cruising is becoming more popular with UK holiday-makers, and as I watch the splendid views of the banks of the River Rhine drift by my cabin window on board the Avalon Poetry II, it's easy to see why.

On this trip, a representative from Avalon picks me up from my front door and takes me to



Avalon Poetry II in Cologne, Germany

the airport, so that's the initial stress over and done with.

The next time I see my suitcase is in my cabin on the ship, just waiting for me to unpack and get changed for dinner.

And we're not talking a dingy little cabin with a tiny porthole window and a folding door to the bathroom that you have to squeeze yourself into.

I could happily spend days relaxing here – an armchair tourist – as the sights of the Netherlands pass me by through the wall-to-wall sliding window.

### DETAILS

■ Albertina Lloyd was a guest of Avalon Waterways ([avalon-cruises.co.uk](http://avalon-cruises.co.uk)) on their eight-day Tulip Time cruise of Holland and Belgium.

■ A departure on March 31, 2015 aboard the Avalon Expression costs £1,279pp, including flights, transfers, a door-to-door home pick-up service, a seven-night full-board deluxe cruise with wine served with dinner, on-board gratuities and included excursions.



# Food

## MEANTIME

### Growing hops on banks of the river



★ Greenwich craft brewery Meantime has unveiled the capital's first permanent hop farm in more than 100 years.

The firm is growing 48 hop plants on the banks of the Thames on the Meridian line and aims to make beer from them after harvest in September.

Go to [facebook.com/meantimebrewing](https://facebook.com/meantimebrewing).

## VIA

### WIQ bar is putting lager in its burgers

★ Via has put on a new twist on beer and a burger.

The bar at West India Quay recently teamed up with Czech brewer Kozel to refurbish its terrace.

And now it's using the lager as an ingredient in its specials such as pulled pork burger and ham hock.

Keeping in theme with the east European country it's also serving dishes with Czechoslovakian and rustic salad.

Go to [viabars.co.uk](http://viabars.co.uk)

## 3 infusions to try nearby

★ If you're after a beverage infused with flavours and ingredients beyond those found in the usual round then the choice is vast. Fortunately we've selected three to wet your whistles with.

### ■ Darjeeling and Honeysuckle Sidecar, £9

The Perkin Reveller, Tower Bridge, [perkinreveller.co.uk](http://perkinreveller.co.uk)

This delicious cocktail features Darjeeling-infused François Voyer VS cognac. Shaken with Grand Marnier and fresh lemon juice, the blend is topped off with the venue's home-made honeysuckle milk foam and comes served with a tea biscuit and lemon zest in a tea set.

### ■ Hogstar, £10

The Ledger Building, West India Quay, [jdwetherspoon.co.uk](http://jdwetherspoon.co.uk)

This newly released beer, right, is flavoured with herbs and spices during the brewing process with the aim of delivering a greater depth of flavour. Expect balance and a slice of citrus freshness.

### ■ Chili Moscow Mule, £10

Cooperage, Greenwich, [davy.co.uk/cooperage](http://davy.co.uk/cooperage)

Unsurprisingly perhaps, a chili and lemongrass concoction goes into this twist on a classic from the bartenders at Davy's underground cocktail haunt. Wharfers who have yet to venture far south enough to try this haunt will find it tucked away beneath the main establishment, which is located right next to Greenwich DLR station.



# How we are reinventing an old East End gin tradition

## SPRITS

### Founder of the East London Liquor Company infuses Beth Allcock with tales of botanicals

If someone says they don't like gin it's because they haven't tried the right one," says Alex Wolpert, standing in the urban chic of his distillery-come-bar. "That's really how varied gin can be."

The Hackney man speaks with a combination of passion, knowledge and experience and will soon be serving an array of infusions to his new east London clientele.

After heading up drinking holes for Bar Works, he teamed up with expert distiller Jamie Baxter to found The East London Liquor Company.

Its bar, also housed on the Bow Works site off Grove Road, opened last week. The pair of copper stills that dominate the space will start to create vodka, whisky and three types of gin in a few weeks' time.

### Why open a bar and distillery at Bow Wharf?

"It's mirroring history. The whole of the East End was full of distilleries 100 to 200 years ago. There isn't anyone distilling gin here now so it's almost like a revival of the industry."

The vodka will be double-distilled within the huge tank while botanicals will be contained in its sister tank where the gin will be made. Bottling and labelling will also eventually take place on site.

Despite the traditional technique, shiny equipment and complex process, 32-year-old Alex says all he's really interested in is his clientele enjoying the product.

"I am sure we will get tourists, locals and gin enthusiasts," he said. "But I also hope we will get people who just appreciate a good drink."

"The purpose of this bar is to show people what you can do with gin."

"If someone comes to the bar, orders a drink and then has a big smile after they've drunk it, then we are happy."

"We just want to do things right and we are

not shouting about it, we're just getting on and doing it."

Those interested in the company's London Dry Gin and the two gin infusions Batch One – a mix of Darjeeling tea and grapefruit and Batch Two – packed with herbs – have a short while to wait.

In the meantime there's a host of treats on the drinks list including cocktails, as well as syrups and liquor for coffee, all made on site.

There is a rotating selection of draught and bottled craft beers for those who prefer something less aggressive as well as cured meats and cheeses for the peckish.

Although his business is new, Alex maintains the East London Liquor Company owes something to the area's tradition.

"It's mirroring history," he says. "The whole of this area was full of distilleries 100 to 200 years ago. There isn't anyone distilling gin here now, so it's almost like a revival of the industry."

"Distilling has been a victim of red tape in recent history but that has been relaxed during the past few years."

"We're probably a decade behind America in terms of distilling but it still shows there's enthusiasm for this level of craftsmanship."

Go to [eastlondonliquorcompany.com](http://eastlondonliquorcompany.com).



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KAY LOCKETT



**Ruining mothers:** Alex Wolpert, above, leans on one of his firm's stills at its Bethnal Green base

Left, the bar at the distillery shows off the firm's products alongside spirits from all over the world



## DRINK WITH PAULO BRAMMER

Paulo selects the gins for when you're winning

1



■ Opihr Oriental Spiced London Gin, England.

■ £22 at Waitrose.

■ Pronounced O-peer this gin is named after a region famous for its gold, silver and spices, which used to be sent to King Solomon. The gin is joyfully spiced, almost overtaking the juniper notes and the finish is slightly warm with citrus notes. Ticks all boxes and quite good value.

★★★☆☆

2



■ Williams Chase Seville Orange Gin.

■ £33.19 at Waitrose.

■ Chase distillery is based in Herefordshire and produces several different styles of gin and vodka. This one is made from their own cider apples and then infused botanicals before being finally redistilled with sweet Seville orange peel. Superb notes of orange and nectarine.

★★★★★

3



■ Blackwood's Vintage Dry Gin, Scotland 2012.

■ £27.50 at Majestic.

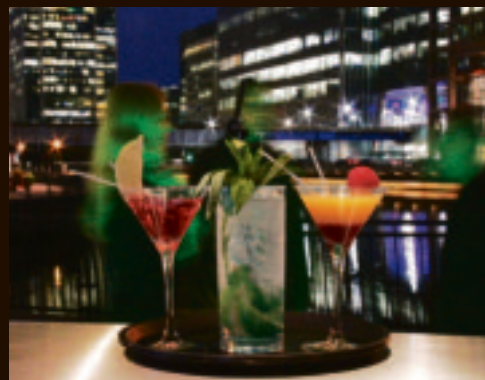
■ This spirit is made from local fresh botanicals each year gathered on the island of Shetland in Scotland. This Gin has won several awards and it is quite lively and fresh with notes of citrus fruit, herbs and a smooth texture. Makes a mean G&T, or preferably two.

★★★★☆

Paulo Brammer buys wine for ETM Group, which owns The Gun. Go to [etmgroup.co.uk](http://etmgroup.co.uk)



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# Health



Tom Aikens has teamed up with Jax Coco to get the chic ingredient into his restaurant

## Tom Jax it into his cocktails

Beth Allcock  
@wharf.co.uk

BOOST your coconut water intake with a host of delicious drinks at Tom's Kitchen.

In partnership with Jax Coco, the Westferry Circus restaurant has sweetened its offering via the brand's 100% pure coconut water for its latest summer cocktail menu.

Mixed drinks include Coco Fizz – a blend of lemon juice, jasmine syrup, egg white and Jax Coco – and Jax Diamond, whipped coconut water with strawberries, lemongrass and agave syrup.

If you fancy something with a seasonal – and alcoholic – punch opt for Jax Caipirinha, a twist on the Brazilian classic featuring Cachaca, Jax Coco, caster sugar, lime and cherry bitters.

Chef Tom Aikens said: "I am a huge fan of coconut water and Jax Coco ticks all the boxes."

"Aside from fantastic quality, all the coconut water comes from the firm's own fully sustainable coconut plantation." Go to [tomsKitchen.co.uk](http://tomsKitchen.co.uk).

# Why we should be going coconuttty for these drinks

## HEALTH DRINK

Nutritionist Vicki Edgson tells Beth Allcock why coconut water is not a fad

**P**ut down the protein shakes and tropical smoothies. Coconut water is the on-trend health tippie for fitness fans and celebs alike.

We've seen pop star Rihanna plastered across poster boards sipping Vita Coco, Brazilian model Gisele emerging from gym sessions with a carton of the sweet stuff and Courtney Cox making the drink her new best friend.

But why's everyone going nuts? Does it really have that many health benefits?

To find out, we asked London-based nutritional therapist Vicki Edgson.

### ■ Are you on board with the buzz around coconut water?

I've been a nutritional therapist for 20 years and one of the things I have always said when I'm asked if I could survive on a desert island is that I could as long as I had coconuts and a spear.

You'd eat the coconut flesh, drink the juice and spear beasts and fish to make up the rest of your food.

### ■ What's special about coconut?

The first thing is the PH of the fruit's water is the same as most of the body's fluids, like blood and digestive enzymes (apart from those in the stomach).

It contains almost every vitamin and mineral that you need to survive, including zinc for immunity and a lot of B vitamins – it's probably the most



Vicki Edgson: I could survive on a desert island with only coconuts and a spear

nutritionally rich food that we have naturally on earth.

It nourishes your body at the cellular level and it's very rich in saturated fats which is also vital to supporting bone growth.

### ■ But switching to this fruity water is going to make me pile on the pounds, right?

One of the fears is that there's too much fat in coconut flesh – there isn't at all.

It's the right kind of fat because one of the essential fats it contains is oleic acid, which is found in olive oil.

So people in the Mediterranean get their oleic acid from olives. In countries like India, Pakistan and Sri Lanka, they get it from the coconut.

## NUTRITION PICK

★ Crack open your own coconut to enjoy the taste of Cocoface.

The brand offers an innovative toolkit with its raw, unpasteurised water to help users pierce a small, straw-sized hole in the coconut supplied, pictured. The tools also help with lopping off the top of the fruits, which come from southern Thailand, to get to the fleshy goodies to whip up in juices, smoothies and salads.

Dash Lilley, co founder of Cocoface, said: "We set up the brand to allow people to enjoy the best coconut water on Earth every day, not just while on holiday in Thailand."

"It's great for sporty people as well as people who care about leading a healthy lifestyle and respect what they eat and drink."

Cocface is available from £2.99 each at [ocado.com](http://ocado.com). A box of nine from [cocoface.co.uk](http://cocoface.co.uk) costs £22.



content that may interfere with the benefits.

And there's something that happens with the interaction of the coconut flesh and keeping it fresh – the moment you take the coconut water away from the flesh there may be a reaction that affects it.

You don't go to the Caribbean to get a flavoured coconut, so that's one of the reasons I favour Cocoface.

### ■ When do you quench your thirst with Cocoface?

Throughout the summer I would have one every day because of increased heat and perspiration. What I love with Cocoface is the fact you can drink the water then eat the flesh too.

Go to [vickiedgson.com](http://vickiedgson.com).

Enjoy 25% off or two for £5 on Go Coco water

★ Bag some juicy bargains courtesy of Go Coco in Canary Wharf.

The brand's natural, not-from-concentrate coconut water scooped a gong at the European Great Taste Awards and is the only one of its kind to use single variety fragrant fruit from southern Thailand.

Head to Tesco or Waitrose stores in Canary Wharf to pick up 330ml Tetra Pak cartons, 500ml bottles and one litre Tetra Prisma bottles, all on offer.

Waitrose are offering 25% off while Cabot Place's Tesco has launched a buy two for £5 deal. Go to [gococodrinks.com](http://gococodrinks.com).



## COCO LOCAL

★ Do you need a coconut fix, fast? Then make a beeline for these three of treats in Canary Wharf during your lunch break.



### ■ Coconut & Macadamia Protein Bliss Bounce Ball, £1.99

A truly nutty treat with a blend that includes cashews designed to nourish the body, satisfy hunger cravings and provide an all-important energy boost – great for before or after a tough workout.

The rounded goodie contains a whopping 9g of protein and is also crammed full of fibre and antioxidants.

Find it at Waitrose in Canada Place Mall.

■ Unoco, from £1.99 for 250ml Drink pink with this eye-catching coconut water that's a strikingly different shade from the rest of the pack.

Its rosy hue is courtesy of the young green coconuts used. These are packed with higher levels of natural phenols, which naturally oxidise and transform to the shade after about a week in the bottle.

Find it at Waitrose, Itsu and Eat.



■ Dairy free coconut yoghurt, £2.25 to take-out Indulge in a spoonful of coconut heaven with this summertime concoction, which contains bee pollen, agave maple syrup, mint and raspberry, that's already flying off the shelves at the popular cahn.

It's dairy and gluten free, suitable for vegetarians and clocks up just over 230 calories – so a not-too-naughty treat either.

Find it at Crush in Canada Place and Jubilee Place.





# Coconut factfile

- In Sanskrit, the coconut palm is called the kalpa vriksha, which translates as "the tree that provides all the necessities of life".
- Coconut water contains sugar, dietary fibre, proteins, antioxidants, vitamins, and minerals and provides an isotonic electrolyte balance.
- The white, fleshy part of the seed (the coconut meat) is used fresh or dried in cooking, especially in confections and desserts such as macaroons. In desiccated form it is often used in curries.
- Coconuts are water resistant and are able to travel large distances via marine currents to germinate on beaches far from the trees they originally grew on.
- The trees are farmed in India, the Maldives, the Middle East, Sri Lanka, the USA, Australia and Bermuda. The palms are also grown in cooler climes.

Back to basics: a coconut will cost you 89p in Canary Wharf's Waitrose although you'll need some method of breaking into it

## Getting a first-thing fillip

### REVIEW

#### Takeaway Fitness Food

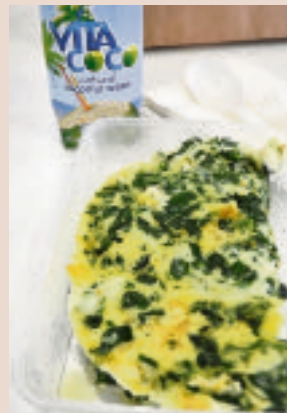
The Pearson Room, Canada Square

Just how well does an omelette fare after zipping from a restaurant kitchen, through Canada Place Mall and up 22 floors via a speedy lift before being plonked on an office desk, all before 10am.

Extremely well, as it goes. My hearty breakfast package – courtesy of The Pearson Room's new take-away Fitness Food Menu – offered up an egg white omelette with steamed spinach, coupled with the inevitable carton of Coco Vita coconut water. All provided in a lunchbox with plastic cutlery to aid consumption.

The fresh start to the day is part of a wider breakfast, lunch and dinner offering whipped up by Pearson Room's head chef Tim Tolley following advice from professionals and nutritionists on how to balance the right foods with fitness regimes.

It's all cooked on site to order, with the no-faff process of dropping off a form pre-workout before collecting the food after the session's done. Alternatively,



The egg white omelette

orders can be emailed. There's an extensive choice too, with lunch and dinner dishes including seared tuna, quinoa, green bean and pea salad (£8.50) and snacks such as edamame beans (£2).

Kicking off my day with the protein-packed brekkie was fantastic, particularly following a weights-based gym session.

The omelette was light, fluffy and moist and crammed with spinach

leaves adding texture and freshness to a plate that, let's face it, isn't especially attractive in its plastic box.

It was substantial too – thick and chunky yet not stodgy – adding a touch of luxury and a feeling of fullness after the last bite.

Accompanied by the fresh, sweet Vita Coco, it was a perfect pairing of tastes.

The clear drink was pure hydration after my sweaty session and instantly delivered a pick me up.

The carton you get is generously sized too so it lasted throughout the morning.

And, with all items listed by calorie content, the duo came in at 161 calories for £6.

For Wharfers struggling to create the correct dishes to fuel their workouts – or those simply just don't have the time – this is a fantastic, health-conscious solution.

Meal deal packages for half days, full days, one week or one month are also available, with prices on request.

**Beth Allcock**

The Pearson Room, Second Floor, 16-19 Canada Square, Canary Wharf, London, E14 5ER, 020 7970 0920, thepearsonroom.co.uk.

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### Women seeking men

**REMEMBER:** Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

**CLARE** 36yrs successful single mum, independent, employed with OHAC, size 10, green eyes, pretty, likes swimming, family life, seeking male with similar values and interests. Tel No: 0906 500 3729 Box No: 412053

**CHRISTINA**, curvy beauty, 27yrs, own home, very very adventurous seeks no strings fun and frolics. Can accommodate and will answer all calls. Tel No: 0905 002 1953 Box 410127

**SHARON** 32yrs and still soul searching for Mr Right, I enjoy keeping in shape, caring for people, seeking loving respectful guy who also knows a good time. Tel No: 0906 500 3729 Box No: 412049

**WIDOW** 60's, nice personality, GSOH, seeks nice male 63-70, for friendship, maybe more. Tel No: 0906 500 3729 Box No: 412101

**SAM**, 35yrs, own business, sexy, loves dressing up and married, seeks discreet man for casual meetings. Can travel anywhere. ACA. Tel No: 0905 002 1947 Box 408297

**ROMANTIC** 42yr old slim black mum of 1, loyal, likes countryside, cooking, music, nights in/out, comedy, seeks male, 45 plus for fun and laughter. Tel No: 0906 500 3729 Box No: 412063

**DIANE** late 40's, likes walks, wine/dining, movies, bowling, concerts, looking for soul mate in Essex area, late 40-50's. Tel No: 0906 500 3729 Box No: 405441

**FEMALE** N/S, seeking male to share and enjoy life with, 48-55. Bucks area. Tel No: 0906 500 3729 Box No: 412637

**CHERYL** 21yr old single mum of one, slim, attractive, long hair, seeking true honest male up to 40yrs to put some fun back into life. Single dad welcome. Tel No: 0906 500 3729 Box No: 412385

**SALLY**, sensual slim blonde seeks no strings discreet man 35+ for daytime meetings. Tel No: 0905 002 1941 Box 402233

**JANE** bored 43yr old student with plenty of spare time, likes drinks out, walking my dog, swimming, looking for similar lonely companion, 38-50. Tel No: 0906 500 3729 Box No: 412357

**WIDOW** 70, lonely, seeking gent, 70-75 to bring a bit of sparkle back in life, likes theatre, cinema. Tel No: 0906 500 3729 Box No: 412475

**ANNA**, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box 366019

**ESSEX** slim blonde lady, 60's, young outlook, seeks gent, 60-69, likes holidays, meals out, weekends away with happy disposition for fun times. Tel No: 0906 500 3729 Box No: 412479

**33YR** old sick of being single working mum, OHAC, likes the simple things in life, looking for romantic, honest guy with GSOH for cosy nights in and fun nights out. Tel No: 0906 500 3729 Box No: 411887

**RITA** divorced care worker with no ties, 5ft 1ins, dark hair, enjoys meals out, cosy nights in, seeking male 45-55 with GSOH and similar interests. Tel No: 0906 500 3729 Box No: 411775

**FEMALE** seeking kind, caring gent for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411751

**MELANIE** tall curvy attractive bubbly female who loves meals out, cosy nights in with a nice wine, walking, seeks professional male with outgoing GSOH. Tel No: 0906 500 3729 Box No: 411509

**60'S** slim blonde, size 10, Essex area, seeks gent for holidays, weekends away, meals in/out, fun times, perhaps more. Tel No: 0906 500 3729 Box No: 411813

**FREYA** 33 6ft blonde, loves dancing and have a good time, employed, own home, one son, seeking similar laidback guy/dad for dates, chats and more. Tel No: 0906 500 3729 Box No: 412045

**SUSIE**, married, adventurous/dominant lady, 38yrs, seeks discreet man any age/area for no strings fun. Tel: 0905 002 1943 Box 412285

**MARILYN** really nice curvy tactile female loves romantic walks, cosy nights in, quality times, looking for nice male to spend time and fall in love with. Tel No: 0906 500 3729 Box No: 411871

**SARAH** 25 petite slim attractive blonde student, enjoys keeping fit, looking good, socialising, going out, being a mum WLTm similar fun genuine guy. Tel No: 0906 500 3729 Box No: 411537

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**63YR** old slim blonde, seeks gent 55-70 for happiness, holidays and meals out. Tel No: 0906 500 3729 Box No: 410017

**JEWISH** widow, 67, loves animals, seeks genuine, Jewish gent, 68-73 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410547

**SONYA** tall leggy vibrant very attractive black lady who loves gym, music, dining out, seeks mature responsible, respectable professional to be my soul mate. Tel No: 0906 500 3729 Box No: 411697

**CARRIE** 29yr old fun loving attractive single mum with OHAC, likes nights in or out, music, WLTm similar fun romantic handsome man for friendship possibly more. Tel No: 0906 500 3729 Box No: 411215

**JANE** pretty size 12, loves going out, socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 3729 Box No: 410579

**SUE** optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. Tel No: 0906 500 3729 Box No: 410467

**CATHY** very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be wine, dined and romanced. Tel No: 0906 500 3729 Box No: 410301

**JOSEPHINE** pretty Chelmsford lady seeks benevolent gent for ongoing discreet daytime dalliances, 65 plus. Tel No: 0906 500 3729 Box No: 410991

**CHINESE** female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. Tel No: 0906 500 3729 Box No: 410935

**SANDY** 60's, nice personality, GSOH, likes most things, seeks male, 62-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410917

**FEMALE** slim, blonde, blue eyes, seeking attractive male, 60-65, slim-medium build, N/S with GSOH. Tel No: 0906 500 3729 Box No: 410545

**LAURA** happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating in/out, looking for sincere honest male looking for more than just good fun. Tel No: 0906 500 3729 Box No: 410713

**KATIE** 21yr old very attractive female who is up for most things, looking for daytime fun, no strings and discreet pls. Age/status unimportant. Tel No: 0906 500 3729 Box No: 410573

**DAWN** 38 dark hair/eyed medium built busty female who loves nights in/out, WLTm fun honest male/single dad with GSOH to help mend my broken heart. Tel No: 0906 500 3729 Box No: 410483

**VICTORIA** 38 fun loving and single looking for fun times with male, preferably Asian. Any age. Tel No: 0906 500 3729 Box No: 408729

**DEBS** very hurt but healing female only looking for honest, caring genuine guy who will love me for me. I have varied interests and love music and Lanzarote. Tel No: 0906 500 3729 Box No: 409275

**JANE** 29yr old horsey female, loves the outdoors, cycling, as well as duvet days, WLTm not too serious male for a hopefully normal relationship. Tel No: 0906 500 3729 Box No: 412315

**SUE** 38 enjoys cinema, clubs, meals in/out, very broadminded, attentive, tactile, passionate, looking for lots of fun with Mr Wrong! Discretion assured. Tel No: 0906 500 3729 Box No: 411205

**JOANNE** 36yr old single self-conscious mum, likes pubs, clubs, nights in/out, coast, seeks faithful kind guy 30-45 to share the rest of my life with so no time wasters pls. Tel No: 0906 500 3729 Box No: 410569

**LEANNE** young curvy single female looking for smoking hot single guy to enjoy nights in/out full of laughs and good times. Call me. Tel No: 0906 500 3729 Box No: 410563

**ANN** 40's female looking for male for broadminded adult fun, no strings. Tel No: 0906 500 3729 Box No: 412369

**SUSAN** 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications just fun. Tel No: 0906 500 3729 Box No: 410957

**LUCY** Asian origin, 39yr single mum, loyal, loving, fit, romantic, honest, genuine, looking for older gent to romance, look after and fall in love with. Tel No: 0906 500 3729 Box No: 409713

**EASY** going cuddly black lady, likes music, animals, seeks friendship, maybe more with nice male in 60's. Tel No: 0906 500 3729 Box No: 410451

**FEMALE** 62, widow, seeks male, 62-72, likes travel, tv, meals out, holidays, walks, cycling. Tel No: 0906 500 3729 Box No: 410021

**SINCERE** lady, 46, single mum, looking for black/mixed race male of similar age. S London area. Tel No: 0906 500 3729 Box No: 409927

**CATHY** happy independent female looking for her soul mate, someone to spend quality time but who also likes their own space. Tel No: 0906 500 3729 Box No: 409909

**VANESSA** 32yrs single mum, honest, loving, kind hearted, been hurt in the past enjoys music, reading etc, WLTm my very special Mr Right. Tel No: 0906 500 3729 Box No: 409899

**MARIE** slim attractive fun brunette, looking for good times with exciting broadminded male. Status unimportant. Tel No: 0906 500 3729 Box No: 409707

**CLAIRE** young 39 slim size 10, pretty, outgoing, seeks similar spontaneous male for nights in/out and fun times. Tel No: 0906 500 3729 Box No: 409417

**TERRI** 44 green eyed long legged busty blonde, loves to dress up and look feminine, seeking loving, fun, honest professional to fall head over her heels with. Tel No: 0906 500 3729 Box No: 410315

**KAREN** very nice looking mature busy size 14 blonde who loves life, spending time in my home abroad and having fun, seeking similar mature gent for quality times. Tel No: 0906 500 3729 Box No: 410477

**ANNE** happy go lucky lady who loves wine/dining, affectionate, honest, sincere and down to earth, looking for similar qualities in companion, if that's you pls call. Tel No: 0906 500 3729 Box No: 410291

**SHARON** young single mum slim, blue eyes, attractive, likes nights in/out, WLTm kind male/dad to enjoy dates, chats, hopefully leading to more. Tel No: 0906 500 3729 Box No: 410279

### Men seeking women

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**JON** 22, looking for no strings fun with any female up to 35. Tel No: 0906 500 3729 Box No: 412607

**TALL** black, single, childless male, seeks slim, size 4-8 female for fun and friendship. Tel No: 0906 500 3729 Box No: 411915

**MALE** 55 professional intelligent hard working loyal seeks slim assertive strong minded female for long term relationship. Text Only Mailbox Box No: 4412286

**EASY** going Male 61 medium build seeks attractive feminine female for LTR. Text Only Mailbox Box No: 4172068

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**WEST** Country male, trustworthy, kind, loving, HIV, seeking genuine, black, African lady for genuine LTR. Tel No: 0906 500 3729 Box No: 412691

**TERRY** seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 412677

**ESSEX** chap 61, 5ft 9ins, N/S, good company, retired, likes travel, animals, seeks slim, similar female for nice times. Tel No: 0906 500 3729 Box No: 412511

**5FT** 11ins male, 70's, OHAC/teeth, likes swimming, diving, geology, crop growing, buying house in Barbados. Tel No: 0906 500 3729 Box No: 412501

**CLARE** 36yrs successful single mum, independent, employed with OHAC, size 10, green eyes, pretty, likes swimming, family life, seeking male with similar values and interests. Tel No: 0906 500 3729 Box No: 412053

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**ANNA**, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box 366019

**ESSEX** slim blonde lady, 60's, young outlook, seeks gent, 60-69, likes holidays, meals out, weekends away with happy disposition for fun times. Tel No: 0906 500 3729 Box No: 412479



**6FT** 2ins male, 42, brown hair, green eyes, likes swimming, cycling, seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411637

**UPSTANDING** black gent, living by the code of born again Christian, 5ft 9ins, average build, seeking Christian female to socialise and possibly more. Tel No: 0906 500 3729 Box No: 411591

**5FT** 11ins male, average build, likes most things, outdoors, cinema, meals out, holidays, seeks positive female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411665

**TALL** smart, caring male, GSOH, fun loving, outgoing, energetic, seeking 65 plus mature woman for fun and friendship. Tel No: 0906 500 3729 Box No: 411855

**ASIAN** gent 49, professional, GSOH, varied interests, seeks female, 25-49 for genuine friendship. Nationality unimportant. ACA. Tel No: 0906 500 3729 Box No: 411799

**36YR** old male, seeking female for no strings fun. Tel No: 0906 500 3729 Box No: 411759

**LLOYD** 50, black, looking for female, 45-55 black/white, likes dining out and cinema. Tel No: 0906 500 3729 Box No: 411709

### Men seeking men

**GOOD** looking bi guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. Tel No: 0906 500 3729 Box No: 409671

**WHITE** male, 62, medium build, own apartment, clean living, seeks clean-shaven Asian guy for fun and friendship. Tel No: 0906 500 3729 Box No: 409225

**BUSY** professional bi male, slim, fit, easy going, seeks discreet, intelligent guy for coffee and more. Tel No: 0906 500 3729 Box No: 412269

**CHINESE** male, 66, WLTm similar aged male, preferably Christian. Tel No: 0906 500 3729 Box No: 411277

## Friends

**FEMALE** seeking male/female for friendship, cruising, holidays etc. Tel No: 0906 500 3729 Box No: 408935

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# Fashion

## TOTALLY tropical

Inspired by all the talk of coconuts? Channel a palm-fringed beach, **Rachel Bishop** suggests



Amy Childs' Kiki dress, £65

### Travel to the Towie tropics

**Rachel Bishop**  
@wharf.co.uk

★ Better known for her role as a beauty therapist (and bringing the term vajazzle to the attention of many) on *Towie*, Amy Childs has decided to share her passion for the tropics in a range of summer clothing, some of which is available at **Dorothy Perkins**.

Amy said: "This season is the best time to change up your style and explore new trends that you might not normally try."

The range uses a host of tropical prints taking inspiration from flowers and palm trees. Go to [amychildscollection.co.uk](http://amychildscollection.co.uk).



Liberty dress, £65



■ **Dorothy Perkins**  
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Tropical print joggers £24  
Canada Place Mall  
[dorothyperkins.com](http://dorothyperkins.com)



■ **Oliver Bonas**  
Love bird jumper, £49.50  
Jubilee Place Mall  
[oliverbonas.com](http://oliverbonas.com)



■ **New Look**  
Tropical night jungle kimono, £20  
Westfield Stratford City  
[newlook.com](http://newlook.com)



■ **Primark**  
Pineapple print split dirndl, £10  
Westfield Stratford City  
[primark.co.uk](http://primark.co.uk)



■ **Oliver Bonas**  
Love bird print tee, £25  
Jubilee Place Mall  
[oliverbonas.com](http://oliverbonas.com)

#### ACCESSORY CORNER



■ **Oliver Bonas**  
Clam earrings, £12  
Jubilee Place Mall  
[oliverbonas.com](http://oliverbonas.com)



■ **Next**  
Men's floral cap, £13  
Canada Place Mall  
[next.co.uk](http://next.co.uk)



■ **Accessorize**  
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Canada Place Mall  
[uk.accessorize.com](http://uk.accessorize.com)



■ **Dune**  
Tamagotchi men's shoe, £79  
Cabot Place Mall  
[dunelondon.com](http://dunelondon.com)



■ **Cath Kidston**  
Aubrey rose bag, £125  
Jubilee Place Mall, [cathkidston.com](http://cathkidston.com)



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# Business<sup>extra</sup>

## BOOKS



### Flash Guys

Michael Lewis (Allen Lane)

★★★★☆

Everything changes in the blink of an eye, they say. That's about 300 milliseconds. Which is an eternity in the world of high frequency trading in which the capacity to make millions is made in the nano-seconds between offer and sale.

Nanoseconds have to be bought too, of course. Some buy space right next to the stock exchanges servers. One entrepreneur blasted through every obstacle to make his line between Chicago and New Jersey ramrod straight. Snooze for a microsecond, you lose.

High frequency trading rigs the market, destabilises the market and, in one case, "flash crashes" the market because it is computers making tens of thousands of automatic deals in the sliver of space beyond the reach of human cognition.

So it was little wonder that old-school humans spotted that the markets they were seeing on their screens were not a true representation of what was going on. Trading occurred

behind the scenes, along optic fibres, out of view. Investors were paying inflated prices. Markets were being made deliberately volatile. Money was put out of

play. Another banking scandal but one too complex to gain much traction in the real world.

Michael Lewis's incredible-but-true story uncovers the secrets of this dark, dark trade and follows the tale of Brad Katsuyama, a rare creature in Wall Street – someone who wanted to bring honesty to a system that was addicted to its unfair advantage. He was taking on the Wall Street billionaires and the status quo.

As he sought out the quants, the wonks and the eccentrics to help him understand what was going on, he devised a scheme to build an honest exchange, where deals were open and no-one had an advantage. The result acts as a counterweight to the cynicism that the finance industry has, rightfully, earned.

His story is compelling, incredible and Lewis does that wonderful thing of adding astonishment to something already in plain sight.

Giles Broadbent

# Sam's green spark drives up the sales

## PEOPLE

After Lehman failed, analyst found a new route to success with electric taxis

Rachel Bishop  
@wharf.co.uk

Sam Cropper has enjoyed an interesting career but his most recent company, Climatecars – which offers the first fully electric taxis in London – is the most intriguing diversion yet.

The Canary Wharf resident was head-hunted by the company in 2013 while working at cab firm Addison Lee and since then he has seen revenue increase 30% and operating profit by more than 50%.

He said: "Climatecars launched the first fully electric cars in January 2012 and were the first car service in London to offer fully electric vehicles."

"We trialed the first left-hand drive Tesla Model S from November 2013 and have our first right-hand drive batch arriving throughout this month."

"Along with moving forward with those we are also looking at a possible expansion overseas to New York in the next three years."

Sam has plenty of experience under his belt to help him achieve his goals. He previously worked in corporate restructure and finance – and has even been seen as a topless barman at nightclub Heaven, where he said he "got plenty of tips".



I've always looked 40, says 30-year-old Wharfer Sam Cropper

But starting out in the business world in London wasn't easy.

Sam moved to London in 2008 thinking he was set for a life in finance at Lehman Brothers. But just 18 days before starting his role as an analyst he was informed the job was being terminated. The bank had become

the most notable victim of the credit crunch.

He said: "I moved to London thinking that was it, I was going to be a banker. Then I was left high and dry with no friends around and no job."

Undaunted, the Yorkshireman moved into property development and



Amin Uddin of Trio Cars

## All hail Amin and his cabbie service

WHARFERS have shown their support for one of E14's hard-working cabbies.

Passengers gave the green light to Amin Uddin, of Trio Cars, who was crowned Star of the Month as one of 10 top-performing drivers in Canary Wharf following glowing feedback from users of the Kabbee app.

As well as being able to proudly display a Kabbee sticker inside his car, Amin also won £200.

He said: "It's such a good feeling to be recognised for the hard work that we put in to keep our valued passengers happy."

"Feedback is the one thing that we are used to getting very little of, direct from passengers, so now we are via Kabbee, it's great."

Go to [Kabbee.com](http://Kabbee.com).

several years later he joined Addison Lee where he developed strategies to further grow their business.

He became the CEO of Climatecars aged 29, holding the title for the youngest externally appointed CEO in the country.

He said: "Being younger I can play on my assumed naivety – although since I was 16 I have looked like a 40-year-old, so now I'm nearing my appearance for my age."

Go to [climatecars.com](http://climatecars.com)

# Claire's emotional stitch in time

## FASHION

Beth Allcock  
@wharf.co.uk

STITCHED messages on cards sent from the frontline of conflict are an emotional inspiration for designer Claire Swindale.

The Blackheath creative has drawn on a family treasure – one of five patterned documents sent from her great grandfather Francis Swindale to his wife Minnie – to create a silk square scarf commemorating the 100th anniversary of the First World War this year.

Their prettiness is enhanced with the heart-warming embroidered message of "Kind Thoughts and Wishes" – in clear contrast to the true horror seen on the frontline.

The daughter of an RAF serviceman said the fashion-forward garment was a "subtle way of spreading the word".



The cards, above, one of the scarves that they inspired, below



"There's something satisfying about keeping the message alive, keeping it current," said the 50-year-old, who used her own snapshots of the cards as the basis for the design.

"The cards were on my wall at home. During the war, people wouldn't have had telephones or telegrams so their impact must have been massive."

"The messages in them were really simple, not much information, and the closest you'd get to personal in them was 'from your old pot and pan'."

"I thought the Kind Thoughts and Wishes message was lovely and old fashioned and, from a design point of view, easier to wear and sell."

"It fits into the feelings of it in the time of war – there was still love, and romance and caring. It was the British thing of keeping struggling through."

Claire hopes the garments – printed on Habotai silk – will play their part marking the anniversary and add to her previous ranges, which include



Claire Swindale: Lovely messages

prints of one of London's Pearly Kings and the Kathmandu landscape.

"The trendy Shoreditch man would wear one, my dad wears the pocket hanky and my niece is nine and she was wearing one as a cravat," Claire said.

The Kind Thoughts design costs £125. Go to [claireswindale.com](http://claireswindale.com).



# LondonEYE



PHILIP BROWN



**TON UP** England's Joe Root celebrates after reaching his century during the first cricket test match against Sri Lanka at a blisteringly hot Lord's.

NEIL HALL



**ON THE FRINGE** Men show in London on Sunday.

A model has his hair styled backstage before the DKNY London Collections:

LUKE MACGREGOR



## FARE'S FARE

Taxis block the Mall as part of a Europe-wide campaign across top cities against Uber, a US car service that allows people to summon rides via an app.

SUZANNE PLUNKETT



## ANDY'S AID

Andy Murray and his newly appointed coach Amelie Mauresmo react during a practice session at the Queen's Club Championships in London.

TOBY MELVILLE



## BALCONY SCENE

From left, Queen Elizabeth II, Prince Philip, Prince Harry, Prince William, the Duke of Cambridge and his wife, Catherine, the Duchess of Cambridge share a light moment as they stand on the balcony of Buckingham Palace for the annual Trooping of the Colour ceremony to celebrate the Queen's official birthday on Saturday.



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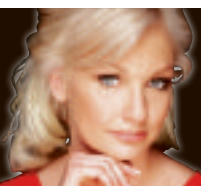
# Take 5

Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro



### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Your secretive nature may well lead close ones to become paranoid, so if you are harbouring any secrets be sure to let them know they are safe and sound.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Fun times are ahead, but first you need to let go of the unnecessary guilt you've been carrying around. The past is in the past. Now it's the present.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

Try to keep your opinion about a change in the workplace to yourself until you see the events that will transpire over the coming few days. Stay solid.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

You're tired of waiting for an answer you should have had by now. The best offer however is yet to come, so have patience my friend. All will be revealed.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

A gathering you're set to attend is going to be giving you the chance to get to know new friends and to get closer to old ones. Don't cancel; avoid regret.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

New friends are going to be particularly demanding of your time as they ask something that is way beyond the call of duty. Know when to say no.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

You were going through so much at this time last year, but no longer. Look around. Life is going to be making you both look and feel great. This is your time.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Careful that this confident attitude Jupiter has placed upon you does not make you appear arrogant. Take romance at a slow pace or you will miss out Virgo.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Stress is less evident in your chart, thank goodness. There is a lot you can do to stop stress getting to you and the first step is not getting worked up.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

The cloud of worry and doubt begins to lift and you should be able to see the future more clearly. Lots of offers relating to travel will come your way.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

This is one day where communications are most definitely under strain, particularly with faces who are younger than you. Try not to rise to the bait.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Don't be in too much of a hurry to do business with a new face. If the offer they are making is right they will still be around by the end of the week. Check it.

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## Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? And then walking away with a goodies bag.

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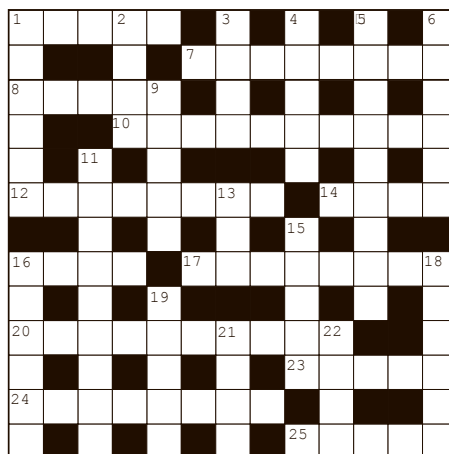
To be in with a chance of winning, just tell us the name of this actress, pictured left, who plays Hazel in romance *The Fault In Our Stars*.

Email your answer to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk) with "Movie Night" in the subject line. The closing date is June 26.

Include your name and full postal address.



## Crossword



### ACROSS

1. Solemn or serious (5)
7. Cuts short (8)
8. Skinflint (5)
10. Fair, average (10)
12. Intrinsic (8)
14. Harvest (4)
16. Man-eating giant (4)
17. In the open air (8)
20. Being appropriate or relevant (10)
23. Ancient language (5)
24. Commonplace (8)
25. A plural of penny (5)

### DOWN

1. Star sign (6)
2. Change direction (4)
3. Ado (4)
4. Stench (5)
5. Rapid chatter (9)
6. Slumbering (6)
9. Brings up (5)
11. Treatment of the feet (9)
13. Nothing (3)
15. Tool for boring holes (5)
16. Public speaker (6)
18. A colour (6)
19. Apron, informally (5)
21. Bushy hairstyle (4)
22. Facility (4)

ACROSS: 1. Grave; 7. Curial; 8. Miser; 10. Reasonable; 12. Inherent; 14. Crop; 16. Ogre; 17. Espresso; 20. Applicable; 23. Latin; 24. Ordinary; 25. Pence. DOWN: 1. Gemini; 2. Veer; 3. Fuss; 4. Sink; 5. Gibberish; 6. Asleep; 9. Reas; 11. Chiropody; 13. NHS; 15. Dull; 16. Orator; 18. Orange; 19. Pimpy; 21. Afro; 22. Ease.

## Sudoku

### EASY

5	3	6	8	1	9		4	7
	1	2	6	3	4		8	
		4	7		2		6	
	9		4	2		7		6
	2	5	1	6	7			9
6	4	7	5	9	3	8	1	
2		8				3		
				7	1		2	8
	7	3	2	8		5	9	4

### HARD

	6			1	3			
			7	4				
1		8	6				7	4
6	3							
8			2	3	9	5		7
	2	1			8			
9						2	4	
								1

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net). For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP



# Sport

## WEEKEND FLUTTER WITH THE RACING POST

### RACING

Royal Ascot 2014 comes to a conclusion on Saturday and **Slade Power** is fancied to take the feature Diamond Jubilee stakes. The Irish trained five year old won nicely last time out at the Curragh, but importantly has winning form over the course and distance.

Joe Pollak



Bounce back? England's Wayne Rooney during the Italy game

### FOOTBALL

England played well in defeat to Italy and can bounce back against Uruguay today (Thursday) to keep alive their World Cup dreams. Uruguay are not up to the standard of Italy and their 3-1 defeat to Costa Rica highlighted the fact they have gone backwards since reaching the semi-finals in 2010.

Mark Langdon

For daily expert advice, top tips and the latest news from our experts go to [racingpost.com](http://racingpost.com)

## the Wharf LEAGUE

### RESULTS

#### DIVISION ONE

Sub Standard Liege	10
Context Penetrators	9
Efan Ekoku's Elite Abou	3
Manny Omoyinmi Athletic Pasty	8
Camden Pathway Salmon FC	10
Reggae Allstars	7
Fire Breathing Kittens	5
	9

#### DIVISION TWO

Newport Dodgers	10
FC Poor Toe	6
Real Moro	11
Rusty Trumpet	14
The Players FC	0
Prospect Aware	10
FC Hangover	12
Bayer Neverlusen	9
Canary Wolves	6
Not So Athletic	7

Last games on June 11.  
● = Current league leaders.  
The Wharf League is played at Powerleague in Crossharbour. Go to [powerleague.co.uk](http://powerleague.co.uk).

# How Wharfers are getting their green

## BOWLS

Why a lawn in the shadow of the estate is tempting bankers to bowl

Beth Allcock  
@wharf.co.uk

**L**awn bowls. Husband-and-wife Ray and Janice Fortune, members of Poplar Bowls Club, tackle the image problem immediately by admitting "it's perceived as an old man's game".

The Fortunes remain optimistic their struggle to tempt more people to try the sport will be a success. And the increasing number of corporate days organised by banks in Canary Wharf can only help.

A recent corporate event for HSBC caused a bit of a buzz, as well as a similar challenge for Standard Chartered staff.

"They come down here, have a game and we put on food for them," said Janice, 57.

"They love it and, because they work around here, it's easy for them to come over for two to three hours in the evening. The HSBC staff had a competition with each other and we presented them with a trophy too. They can't wait to come back."

Canary Wharf Group has also lent its support, sponsoring the club's Open Invitation Pairs Day for 2013 and 2014, to be held on July 26, as well as team shirts.

Janice is one of three generations in her family to have been involved - her son and father were also bowlers - and she believes "anyone can play the game".

Ray added: "Our son played for about eight years. When he got to the age of 14 or 15, he said 'I love the game but I can't be there, standing on the green talking about hip operations when there's other things out there like girls and drink'."

"Unless you have three or four young people coming in at the same time, it's hard for them."

"You get county teams, where there's under-25 boys and under-31 girls so there are people out there playing the game, but they are getting fewer and fewer. It's hard to find these youngsters."

The green has been in place, just off Poplar High Street, for more than 100 years and is like a second home to the Essex-based couple.

Janice signed up with the club in 1983 with Ray, 64, following suit 10 years later. And, as well as their roles



Ray and Janice Fortune have a combined 52 years of membership at Poplar Bowls Club

## LAWN BOWLS FACTS

- The aim of the game's to roll weighted bowls (woods) so they stop closest to the smaller ball (the jack).
- Opponents flip a coin to see who wins "the mat" and begins the game.
- Players then take it in turns to deliver their woods - four each in singles and pairs, three each in triples and two bowls each in fours.

- The distance of the closest bowls to the jack is then determined
- Points, or shots, are awarded for each bowl which a competitor has closer than the opponent's nearest to the jack.
- Then repeat - a game of bowls typically has 21 ends.



in Poplar's teams - with the male contingent entered into three leagues and the women's team in the Lea Valley League - they're both county players.

Since 1999, the club has chalked up successes including 17 county men's titles with four for the women in the same time.

"Wharfers are more than welcome," said Ray.

"I would love to see them down here and, who knows, we might get a few more members too."

Call Janice on 020 8262 2169 or email [janice.fortune@btopenworld.com](mailto:janice.fortune@btopenworld.com).

## HOCKEY

# Wapping club takes up Olympic Park home

Rachel Bishop  
@wharf.co.uk

WAPPING Hockey Club (WHC) has announced it will have an anchor tenancy in the new Lee Valley Hockey and Tennis Centre at the Queen Elizabeth Olympic Park.

The venue launched this week as part of the 2012 London Olympics legacy, with world class facilities for tennis and hockey.

Club chairman Stuart Burnside said: "I am delighted Wapping HC will be anchor tenants at what we see as becoming hockey's Wembley."

Unveiled on Tuesday, two days after the conclusion of the 2014 Hockey World Cup, England stars made their first post-tournament public appearances at the event.

The centre has been adapted from Eton Manor, the London 2012 Paralympic wheelchair tennis venue, which was the only purpose-built venue for the main Games' sister event.

It now boasts four indoor and six outdoor tennis courts as well as two international competition standard hockey pitches for players of all standards to use.

Lee Valley Hockey and Tennis Centre, Eton Manor, Leadmill Lane, Queen Elizabeth Olympic Park, Stratford. Go to [visitleevalley.org.uk](http://visitleevalley.org.uk) for more information.

## PETANQUE

# Do you have the boules?



IS bowls too staid for you? Why not try a round or two of Petanque?

The simple game of strategy and chance is available for Wharfers to try just minutes from E14.

Balls Brothers, in Hay's Galleria at London Bridge, has the capital's sole outdoor Petanque pitch. And it's undercover too, so players can show off their competitive streak by hurling metal boules at the cochoonnet in all seasons.

Go to [ballsbrothers.co.uk](http://ballsbrothers.co.uk) for information on how to book.